



Conch Fritters

 Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



142 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon pepper black freshly ground
- 0.5 cup bottled clam juice
- 1 cup flour all-purpose
- 0.8 teaspoon thyme sprigs fresh
- 0.5 teaspoon hot sauce
- 0.5 onion chopped
- 0.5 bell pepper red chopped

- 0.5 teaspoon salt
- 32 servings vegetable oil
- 0.5 bell pepper yellow chopped
- 1 pound frangelico fresh minced
- 1 pound frangelico fresh minced

Equipment

- bowl
- dutch oven

Directions

- Stir together first 10 ingredients in a large bowl; stir in clam juice.
- Pour oil to a depth of 4 inches into a Dutch oven; heat to 37
- Drop batter by heaping tablespoonfuls into hot oil, and fry 1 minute or until golden.
- Drain.
- Note: The Morgans serve Lime-and-Caper Aioli as a dip for Conch Fritte

Nutrition Facts

PROTEIN 1.36% **FAT 87.87%** **CARBS 10.77%**

Properties

Glycemic Index:9.47, Glycemic Load:2.28, Inflammation Score:-2, Nutrition Score:2.6365217522759%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 141.69kcal (7.08%), Fat: 14.06g (21.63%), Saturated Fat: 2.14g (13.4%), Carbohydrates: 3.88g (1.29%), Net Carbohydrates: 3.66g (1.33%), Sugar: 0.28g (0.32%), Cholesterol: 0mg (0%), Sodium: 78.14mg (3.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.98%), Vitamin K: 25.91µg (24.67%), Vitamin E: 1.18mg (7.88%), Vitamin C: 6.23mg (7.55%), Folate: 9.14µg (2.28%), Vitamin B1: 0.03mg (2.26%), Manganese: 0.04mg (1.96%),

Selenium: 1.36µg (1.94%), Calcium: 16.66mg (1.67%), Vitamin A: 69.98IU (1.4%), Vitamin B3: 0.28mg (1.39%), Iron: 0.25mg (1.38%), Vitamin B2: 0.02mg (1.33%), Phosphorus: 11.64mg (1.16%)